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2 [0045] ABSTRACT OF THE DISCLOSURE

3 [0046] Invention restrains through the design of the harness, without the use or
4 manipulation of attached cumbersome technology. Invention is a harness of three
5 straps that is designed to easily adjust to fit the restrainee. A primary strap has two
6 secondary left and right straps each attached to the left and right of the primary strap's
7 center point. These two secondary left and right straps each have loops at their ends.
8 The primary strap is placed across the restrainee's front with the secondary left and
9 right straps brought over the shoulders (and crossed or left uncrossed) or under the
10 axillae, depending on the placement of the primary strap. The two ends of the primary
11 strap are brought through the loops of the secondary left and right straps. The ends of
12 the primary strap can be threaded through each or both loops. The guardian then
13 holds the ends of the primary strap.